



Kerry Park Recreation Centre

Guidelines for Yoga during COVID-19 (Restorative, Chair and Gentle Hatha)

In order to provide the highest level of care and safety, CVRD will follow guidelines set out by WorkSafe BC, Public Health, and BCRPA. We ask that you strictly adhere to the guidelines and directions provided to you.

Prior to attending your session you must complete the following steps:

- ☐ Assess your personal risk to ensure that attending a public recreation program is in your best interest. You may seek to ask your health care provider what is right for you.
- ☐ Review the provided guidelines for your program or activity (below).
- ☐ Pre-register for your program and complete the COVID-19 Assumption of Risk and Permission Form.
- ☐ Prior to the start of each session screen yourself to ensure that your attendance to the facility is appropriate.

Screening Questions:

Is/has the participant or anyone in your family:

1. Showing signs or symptoms of respiratory infection, such as cough, shortness of breath, or sore throat?
2. Experiencing a fever with a temperature of 38C or higher, or taken any fever reducing medications in the last 12 hours?
3. Experiencing any flu-like symptoms including diarrhea in the last 24 hours?
4. Travelled outside of Canada in the last 14 days?
5. Been in contact with anyone who has displayed symptoms of COVID-19 in the last 14 days?

Entry will be denied to the participant, if any member of the household is experiencing any of the above, please discuss any concerns with programs staff or your instructor.

Arrival/Departure:

- You are required to wear a mask upon entry to the facility and for the duration of your visit, including during exercise.
- Arrive only a few minutes prior to your session start time. You must vacate the building within 10 minutes of the class ending.
- Enter through the main front doors, proceed to the washroom and wash your hands following the posted handwashing procedures, or use hand sanitizer and proceed directly to your designated space.
- Following your class, sanitize or proceed to the washroom to wash your hands, and exit the building be using the main front doors.
- While signing in participants, instructor will confirm verbal screening questions

Program Guidelines:

- Follow all posted directional and instructional signage.
- It is expected that participants will only access parts of the building required for their permitted activities.
- Do not congregate before or after class. Staff are required by PHO to ask you to move along.
- Respect posted program and facility capacities.
- Maintain physical distance by ensuring there is a minimum of 2.5 metres of space between yourself and the other participants when exercising or 2 metres when not exercising.
- Minimize the items and surfaces that you must touch.
- Practice appropriate respiratory and hand washing hygiene.
- Limit the number of personal items that you bring with you. Items may be stored along the wall of the space or near you.
- Where practical, patrons should bring as much of their own equipment as possible (e.g. exercise mats, props, etc.)
- Defer to instructor on cleaning protocols of equipment and shared equipment policy.
- Bring your own water bottle as water fountains are not is use.